

Johnson Chiropractic Clinic

Team Johnson (from L-R) **Melinda Moir** (Laser Tech),
Dr. Kelly Johnson DC & **Sarah Dunlop** (Office Manager)



Johnson Press



1st - Sarah's
Birthday!



12th - 7pm 'How NET
can take stress off
your Heart'
Workshop with
Dr. Kelly. Save your
seat! 264-2402



19th - Family Day!

Office Closed
~enjoy your
loved ones ☺



20th - 22nd
Dr. Grape
is Back!



26th -
Office
Closed



Happier, Healthier Rewards Cards

We are so excited to
introduce our new
rewards program!

Beginning February 1st!!

For every adjustment, laser treatment, product purchase and referral of a friend or family member, you will receive 1 stamp on your card. A half an hour NET/MATRIX treatment gives you 2 stamps. When your card is full, you will receive 1 free service or product of \$50 or less. *There is no cash value for the cards.*

Family isn't
always blood. It's the
people in your life who
want you in theirs;
the ones who accept
you for who you
are. The ones who would
do anything to see
you smile & who
LOVE YOU
no matter what.

Ingredients:

- 1 large avocado, pitted & skin removed
- 2 ounces semi-sweet baking chocolate, melted and cooled slightly
- 2 tbsp unsweetened cocoa powder
- 3 tbsp unsweetened coconut milk (or almond milk or non-fat milk)
- 1 teaspoon vanilla extract
- 1/4 cup non-fat vanilla or plain greek yogurt (regular yogurt is fine too)
- Approx. 1 tbsp maple syrup (to sweeten)*



heart healthier
CHOCOLATE MOUSSE

Directions:

1. Place all ingredients except syrup in a food processor. Pulse until smooth, wiping down the sides & stirring.
 2. Add maple syrup a little at a time, tasting in between. You may need more or less depending on how sweet you want your mousse.
 1. Place in a bowl and chill until ready to use. Serves 1 large portion or 2 small, however this is really rich and filling. I suggest 4 mini servings!
- *note - original recipe called for artificial sweetener, we substituted for natural maple syrup.



Creating a happier, healthier world ~ starting with you!





Don't Worry, Be Happy

Seasonal affective disorder (SAD) is a type of **depression** related to changes in seasons — **SAD** begins and ends at about the same times every year. If you're like most people with **SAD**, your symptoms start in the fall and continue into the winter months; sapping your energy and making you feel moody.

In the last 6 years we've had over 3,200 laser treatments. That's a lot of happy cells! ☺

We guarantee you will feel happier by the end of the program.

**Extra 10% off if booked
in February**

[See our Monthly Special](#)



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~Page 2~

Monthly Give-Away

As part of our 'new things' for the 'new year' we will now be having **monthly give-aways!** **YAY!!**

First up for grabs, is a ½ hour NET session (valued at \$110).




What do *you* need to do to get in this game? Watch the **'ONE Veteran video'** posted on our FB & Instagram pages.

Like, share & comment to enter the draw!

*It's as easy as that!**

**draw open to JCC patients*

Featured Products

-  **Biomega-3** – for healthy teeth growth & brain function.
-  **Fire NET** – good for heart, vascular or circulation conditions.
-  **Panacea Miracle Relief Spray** – topical spray relieves pain in 5 mins.

Our mission is to minimize the dis-ease of the nervous system caused by trauma, toxins and thoughts and to maximize well-being.



Pet Corner with Dr. Kelly

Q. Why would my pet need an adjustment?

A. Just like human beings need adjusting to keep their nervous system functioning at its best, your pet also would benefit from seeing a certified animal chiropractor. Your properly functioning nervous system is integral to your many bodily functions, strength and mobility. When there is interference to the flow of your nerves, your brain struggles to communicate with your body. **A chiropractic adjustment can restore that flow which then reduces pain, increases mobility, increases circulation, reduces joint adhesions, reduces stress and improves function.**

If your pet is avoiding stairs or jumping up on things, off their food, having a hard or slower time getting up from sitting, yelping when being picked up, limping, or refusing to go outside, chiropractic adjustments **can** help! It is safe, painless and the animals love it!

Here is a link to an article published in Canine Journal Nov. 2015, 'Should you consider a dog chiropractor?'

<https://www.caninejournal.com/dog-chiropractor/>



~102-130 Sproule Rd. (613) 264-2402

www.johnsonchiropractic.ca~